DOMESTIC ABUSE CAN AFFECT ANYONE

During COVID-19: Refuges and domestic abuse services are still open and are ready to offer support.

If you are experiencing domestic abuse, and it is safe to do so, download the free mobile app Bright Sky for support and information at hestia.org/brightsky

TOGETHER WE CAN END DOMESTIC ABUSE & SEXUAL VIOLENCE
This is a Safe Space.

If you are experiencing domestic abuse, you are not alone. Support is available.

If you are in immediate danger dial 999
Call the National Domestic Abuse Helpline (Freephone, 24/7) 0808 2000 247
Call the Men’s Advice Line 0808 801 0327
Download the free Bright Sky app to find your local specialist domestic abuse service.